

FOOD



CHART

PART OF A SYSTEMATIC MONTHLY COURSE IN CORRECT
EATING ISSUED UNDER THE SUPERVISION OF

SUN-DIET HEALTH FOUNDATION

East Aurora, N. Y.

FOOD COMBINATIONS

Starch foods are not to be combined with acid foods, acid dressings or proteins. Acid foods and acid dressings tend to impede the digestion of starches. Concentrated proteins and concentrated starches do not combine well because the result of such meals is an excessive formation of acidity within the body and hyperacidity is one of the main causes of disease. Starches do not combine well with each other.

Protein foods do not combine well with starches or with each other. A part of the reason has been given, but the reason for not combining protein foods with each other is that it gives an oversupply of protein to the body.

Acid foods and acid dressings do not combine well with starches for reasons already given.

The natural sweets combine well with all other foods but we have to be careful not to overeat of them because they are so concentrated.

Fats and oils combine well with all other foods but we have to avoid over-eating of them because they are more concentrated than any other class of foods.

All vegetables, including the roots, greens and salad vegetables, combine well with all other foods. This is a sweeping statement to which there are a few exceptions and the exceptions are given on this chart.

Fruits combine well with all foods except that the acid fruits are not compatible with starches or refined sugars. The very mild or sweet fruits such as pears, persimmons, also the natural sugar fruits such as raisins, figs, and dates, combine well with all other foods.

SUN-DIET FOOD CLASSIFICATION

GROUP B

COMBINE FOR STARCH MEAL

ITEMS PRINTED IN RED NOT RECOMMENDED

VEGETABLES

Roots

Beets
Carrots
Celery Root
Kohlrabi
Mangel-wurzel
4 Parsnips
Radishes
Rutabagas
Salsify-Oyster Plant
Turnips

Salads

Cabbage
Celery
Chicory
Chives
Collards
Cos-Cress
Cucumber
Endive
Garlic
Irish Moss
Kraut
Lettuce
11 Melons
Onions
Parsley
Spinach

SUGAR

(Natural)

One or two in a meal

7 Bananas-Ripe
Brown Sugar
Dates
Figs
Honey
6 Ice Cream
[See Recipe]
Maple Syrup-Sugar
8 Prunes-Santa Clara
Raisins

STARCHES

Only one in a meal

Artichokes
[Jerusalem]
Beans - Dried
Bread - Whole Grain
Bread - White
3 Butter Beans-Green
Cereals-Whole Grain
Cereals - Refined
Chestnuts - Cooked
Corn - Matured
Cornstarch
Flour - Whole Grain
Flour - White
Gravies - Flour
5 Lentils
3 Lima Beans - Green
Macaroni
Oatmeal
Pastries
4 Parsnips
Peanuts
5 Peas - Dried
Popcorn
Potatoes - In Jacket
Sago
Rice - Whole
Spaghetti
Soups - Thick
Tapioca

SWEETS

One or two in a meal

Candies
6 **Ice Cream**
[Commercial]
Jellies
Jams
Preserves
Syrup - Refined
White Sugar

VEGETABLES

Greens

Artichokes - Cone
Asparagus
Beans - String
Beet 'Tops
1 Broccoli
1 Brussels Sprouts
1 Cabbage
1 Cauliflower
Celery
Chard
Corn - Tender Sweet
Dandelion Greens
Eggplant
1 Kale
Kraut
Leeks
Lettuce
Mushrooms
Okra
Onions
Peas - Green
Peppers - Green
Pumpkin
Spinach
Squash
Vegetable Marrow

FATS-OILS

Not over three
in a meal

2 Alligator Pears
Butter
10 Coconut - Dried
Cream
Egg Yolks
Fats - Animal
6 Ice Cream
[See Recipe]
Lard
Nuts
Oil - Cod Liver
Oil - Olive
Oil - Vegetable

EAT SLOWLY . MASTICATE WELL . SIP FLUIDS SLOWLY

See Other Side for Explanation of Notes

If doing physical work or exercise, or if losing too much weight, you may combine items from "B" at noon for lunch and items from "C" for evening dinner.

SUN-DIET FOOD CLASSIFICATION

GROUP C

COMBINE FOR PROTEIN MEAL

ITEMS PRINTED IN RED NOT RECOMMENDED

VEGETABLES	PROTEINS	VEGETABLES
Roots	Only one in a meal	Greens
Beets	Beans - Dried	Artichokes - Cone
Carrots	Brains	Asparagus
Celery Root	3 Butter Beans-Green	Beans - String
Kohlrabi	Buttermilk	Beet 'Tops
Mangel-wurzel	Cheese - Dairy	1 Broccoli
4 Parsnips	Cheese - Cottage	1 Brussels Sprouts
Radishes	Clams	1 Cabbage
Rutabagas	Crabs	1 Cauliflower
Salsify-Oyster Plant	9 Eggs - Whole	Celery
Turnips	Fish	Chard
	Game	Corn - Tender Sweet
Salads	Gelatin	Dandelion Greens
Cabbage	Kidneys	Eggplant
Celery	5 Lentils	1 Kale
Chicory	3 Lima Beans - Green	Kraut
Chives	Liver	Leeks
Collards	Meats	Lettuce
Cos-Cress	Milk	Mushrooms
Cucumber	Nuts	Okra
Endive	Oysters	Onions
Garlic	5 Peas - Dried	Peas - Green
Irish Moss		Peppers - Green
Kraut	FRUITS	Pumpkin
Lettuce	Apples	Squash
11 Melons	Apricots	Vegetable Marrow
Onions	Berries	
Parsley	Cherries	FATS-OILS
Spinach	Currants	Not over three
SUGAR	Grapes	in a meal
(Natural)	Grapefruit	2 Alligator Pears
One or two in a meal	Kumquats	Butter
7 Bananas-Ripe	Lemons	10 Coconut - Dried
Brown Sugar	Limes	Cream
Dates	Mangoes	Egg Yolks
Figs	Oranges	Fats - Animal
Honey	Peaches	6 Ice Cream
6 Ice Cream	Pears	[See Recipe]
[See Recipe]	Persimmons	Lard
Maple Syrup-Sugar	Pineapple	Nuts
8 Prunes-Santa Clara	Plums	Oil - Cod Liver
Raisins	Pomegranates	Oil - Olive
	Tangerines	Oil - Vegetable
	12 Tomatoes	

EAT SLOWLY - MASTICATE WELL - SIP FLUIDS SLOWLY

See Other Side for Explanation of Notes

BREAKFAST is best of Milk and Fruits. LUNCH is best of Milk, with Fruits, Vegetables and Natural Sugars. DINNER may consist of items in Group "B" and on alternate days items from Group "C" instead of Group "B".

SPECIAL EXCEPTIONS

(1) **Cabbage, Cauliflower, Brussels Sprouts, Kale and Broccoli** should not be eaten by those who fill with gas after partaking. Cabbage is best avoided by those who have indigestion.

(2) **Alligator Pear.**—Fruit rich in fat, good for salads. Combines well with all foods.

(3) **Lima Beans and Butter Beans.**—Good for those not troubled with internal gas. Take as main part of meal with vegetables. No other protein or starch.

(4) **Parsnips.**—Both starch and vegetable, almost as starchy as potato.

(5) **Peas, Dried and Lentils.**—Rich in protein and starch. No other protein or starchy food in the same meal. To be avoided if cause gas.

(6) **Ice Cream.**—Sugar and fat. Good when made with honey or maple sugar, yolks of eggs and cream.

(7) **Bananas.**—When thoroughly ripe, are a sweet fruit. Digest easily. Green bananas are starchy and not fit to eat raw.

(8) **Prunes.**—Good laxative, sweet fruit. Santa Clara prunes are lowest in acid. Prunes give acid end products. Should not be eaten with starch.

(9) **Eggs, Whole.**—Good protein, easy to digest when poached, coddled or soft boiled. In all recipe combinations use yolk only.

(10) **Coconut, Dried.**—Contains mostly fat but considerable starch and sugar. Combines well with all foods except proteins.

(11) **Melons.**—Healthful, but should not be eaten with other foods if they cause distress.

(12) **Tomato.**—Acid Vegetable. Combines well with all foods except starches. So much like a fruit that we class it among them.

SALAD DRESSINGS should be of plain oil or sweet cream for meals combined of "B," or of lemon juice with oil cream or both if meal is combined of "C".

All vegetables should be baked or steamed. Greens should be cooked in so little water that it will be absorbed. Tea and Coffee not recommended but may be used without cream or sugar. Salt except in very small quantities, white sugar, pepper or vinegar should not be used for seasoning.